

## Cow's Milk

Milk	Lactoglobulin	<i>May Contain Milk:</i>
Butter	Lactose	Artificial flavoring
Casein & caseinates	Lactulose	Caramel flavoring
Cheese	Milk, milk fat	High protein flour
Cream, whipped cream	Nisin preparation	Lactic acid
Curds	Nougat	Lactic acid starter culture
Custard	Pudding	Rice cheese, soy cheese
Dairy product solids	Quark	
Galactose	Recaldent	<i>Should be Safe:</i>
Ghee	Rennet	Rice milk
Half & Half	Simplese	Soy milk
Hydrolysates	Sour cream	Almond milk
Ice cream, ice milk, sherbet	Whey	Cocoabutter
	Yogurt	Coconut milk
Lactalbumin		Calcium lactate
Lactate solids		Calcium stearoyl lactylate
Lactyc yeast		Oleoresein
Lactitol monohydrate		Cream of tartar
		Sodium stearoyl lactylate

## Soy

Anything containing the word "soy"	Tamari	<i>May Contain Soy:</i>
Edamame, soybeans	Tempeh	Artificial flavoring, natural
Kinnoko flour	Teriyaki sauce	flavoring
Kyodofu	Textured vegetable protein	Hydrolyzed plant or vegetable
Miso	Tofu	protein
Natto	Yakidofu	Vegetable broth, vegetable gum
Okara	Yuba	or starch
Shoyu sauce		
Soya, soya flour		<i>Should be Safe:</i>
Soybean granules		Purified soy oil or vegetable oil
Soybean curd		
Soybean paste		
Supro		

## Egg

Anything containing the word "egg"	Ovalbumin	<i>May Contain Egg:</i>
Albumin	Ovoglobulin	Artificial flavoring
Apovitellin	Ovomucin	Natural flavoring
Cholesterol free egg substitute (e.g. Eggbeaters®)	Ovomucoid	Lecithin
Eggnog	Ovotransferrin	Nougat
Fat substitutes	Ovovitelina	
Globulin	Ovovitellin	
Livetin	Silici albuminate	
Lysozyme	Simplese	
Mayonnaise	Trailblazer	
Meringue, meringue powder	Vitellin	

## Wheat

Flour and types of flour	Seitan	<i>May Contain Wheat:</i>
Bread, couscous, crackers, noodles, pasta	Semolina	Artificial flavoring
Bran Bulgur	Spelt	Natural flavoring
Cereal extract	Tabbouleh	Caramel color
Club wheat	Triticale	Dextrin, maltodextrin
Common wheat	Triticum	Food starch (gelatinized starch, modified food starch, vegetable starch)
Durum wheat	Triticosecalle	Hydrolyzed or textured vegetable protein
Einkorn	Vital gluten	Monosodium glutamate (MSG)
Emmer	Wheat, wheat berries, wheat bran, wheat germ, wheat gluten, wheat grass, wheat malt, wheat starch, wheat sprouts	Oats
Farina	Whole wheat berries	Shoyu sauce, soy sauce, tamari, teriyaki
Fu	Whole wheat bread	Vegetable gum
Germ		
Gluten		
Kamut		
Malt, malt extract		
Matzo, matzoh, matzah or matsoh		

## Peanut

Anything with the word "peanut"	Monkey nuts	<i>May Contain Peanuts:</i>
Arachic oil	Nu nuts flavored nuts	Artificial flavoring
Arachis	Nut pieces	Natural flavoring
Artificial nuts	Nutmeat	Hydrolyzed plant protein
Beer nuts	Peanut oil (cold pressed, extruded, or expelled)	Hydrolyzed vegetable protein
Boiled peanuts		Nougat
Crushed nuts		
Earth nuts		<i>Should be safe:</i>
Goober peas, goobers		Purified peanut oil
Ground nuts		
Hypogaic acid		
Mandelonas		
Mixed nuts		

## Tree nuts

Almond	Pecan	Nut meal
Beechnut	Pralines	Nutmeat
Brazil nut	Pine nut (Indian, piñon, pinyon, pigndi, pigñolia, pignon nuts)	Nut milks (e.g., almond milk)
Bush nut	Pistachio	Nut oils (e.g., walnut oil as well as other nut oils)
Cashew	Shea nut	Nut paste
Anacardium nuts	Walnut	Nut pieces
Chestnut	Butter nut	
Coconut	Japanese walnut	<i>May Contain Tree-nuts:</i>
Hazelnut	Heartnut	Natural flavoring
Filbert	Hickory nut	Artificial flavoring
Nutella®	Natural nut extract (for example, almond extract)	
Ginko nut	Nougat	<i>Should be safe:</i>
Ginko biloba	Nu-Nuts®	Water chestnut
Hickory nut	Nut butters (e.g., Cashew butter as well as other nut butters)	
Lichee nut		
Lychee nut		
Macadamia nut		
Macadamia nut butter		
Nangai nut		